

ELKRIDGE 50+Center

February 2022



**6540 Washington Blvd
Elkridge, MD 21075
410-313-5192**

Center Email
elkridge50@
howardcountymd.gov

Monday - Friday
8:30am - 4:30pm
Fitness Equipment Room
8:30am - 4:00pm

50+ Center Hotline
410-313-5400

Newsletter Online
www.howardcountymd.
gov/elkridge50

Volunteer Website
www.hocovolunteer.org

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Howard County
50+ CENTERS
Be enriched, engaged, connected. Grow.

Welcome back! The 50+ Centers will resume in-person programming and classes starting Tuesday, February 1.

- Most 50+ Center group programs, classes, events and drop-in activities will resume. Feel free to call the center to check the status of a specific program or to withdraw from a class.
- The Connections Social Day Program at Ellicott City will resume effective Tuesday, February 1, 2022.
- The indoor mask mandate remains in effect for all Howard County buildings and facilities. Stay COVID safe: get vaccinated, wear a mask, keep your distance, wash your hands, and get tested.

February's focus is on Black History and Heart Health!
Please join us for...



- A health healthy nutrition discussion
- Free Yoga to open your heart ♥
- Sharing the experience of Selma through film
- Celebrating Black History and honoring Rosa Parks
- Avoiding Scams of the Heart
- Chocolate tasting



Rosa Parks: We Shall Overcome February 24, 2pm

Keep on singing, keep on praying, marching up to Freedom Land! There is more to the Mother of the Civil Rights Movement than most people know. Learn the full story of Rosa Parks, a Civil Rights icon, through the compelling historical portrayal performed by Master Griot, Janice Curtis Greene. Reserve your spot by signing up at the front desk today! Free.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-5192** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

GENERAL INFORMATION

50+ Center Staff

Jeannie DeCray, Director

jdecray@howardcountymd.gov
410-313-5175

Jodi Bargamian, Assistant Director

jbargamian@howardcountymd.gov
410-313-5174

Nakear Frazier, Registrar

Nafrazier@howardcountymd.gov
410-313-5173

Jean Wehner, Front Desk

jwehner@howardcountymd.gov
410-313-5192

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated. Thank you!

How can I get the newsletter sent to my inbox?

Just click on this link to sign up in Constant Contact.
https://visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrl04XkPw6FipDpjD1ypeclR3ULyzdUv94jSMSkmjNI2P-2H7jaBbgRr_ppPVM-pPinwMkol0TwZ0%3D



Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

Sign-Up & Payment For Programs & Classes

*Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance.***

Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty> Account must be established prior to registering for class.



Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

ADJUSTED HOURS OR CENTER CLOSURES

Monday, February 21- Presidents Day

GENERAL INFORMATION

AARP Income Tax Preparation by Appointment only Wednesday, 11am-4pm February 2 - April 13



AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held at the ElkrIDGE 50+ Center on Wednesdays from 11am-4pm. This service is by appointment only. All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ☐ Bring Social Security cards for anyone listed on your return.
- ☐ Bring 2020 state and federal tax returns.
- ☐ Bring 2021 tax records with you.
- ☐ If you had investment transactions during 2021, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call **443-741-1220**. You will need to leave a message. Include your name and specify that you would like your appointment at the ElkrIDGE 50+ Center. A scheduler will call you back to confirm the date and time. For those who would like to schedule an appointment online, Google **AARP Tax Aide Locator**. For all other tax questions, call AARP directly at **888-227-7669**.

**TAX APPOINTMENTS ARE NOT
SCHEDULED BY CENTER STAFF and TAX
PREPARERS ARE NOT AVAILABLE TO
ANSWER PHONE INQUIRIES.**

Inclement Weather Policy

If Howard County Public Schools are delayed or closed, Glenwood 50+ Center and North Laurel 50+ Center will operate as follows:

1-hour school delay – will strive to open at 9:30am.

2-hour school delay – will strive to open at 10:30am. All classes and programs scheduled before 11am are canceled.

Schools closed – will strive to open by 10:30am. All classes and programs are canceled.

If Howard County Public Schools are delayed or closed, Bain 50+ Center, East Columbia 50+ Center, ElkrIDGE 50+ Center, and Ellicott City 50+ Center will operate as follows:

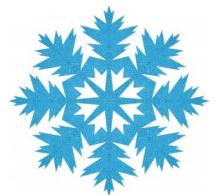
1-hour school delay – DCRS facilities will open on time.

2-hour school delay – DCRS facilities will open on time. All classes and programs scheduled before 11am are canceled. Connections Program is canceled. No congregate meals are served.

Schools closed – DCRS facilities will strive to open on time. All classes and programs are canceled. Connections Social Day Program is canceled. No congregate meals are served.

If Howard County Public Schools cancel evening and weekend activities:

DCRS facilities will be closed for evening hours and classes canceled after 4:30pm. For weekend activities, DCRS facilities will strive to open at 10:30am. All classes and programs are canceled.



FEBRUARY AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9 Walking Club 10 AgeWell \$ 11 Knitting Club 1 Bridge Club 1 Chess Club	2 9 Walking Club 10 Wii Bowling 10 Advanced Beginner Yoga \$ 10 Legal Aid 1 Better Balance \$ 2 Arthritis Exercise \$	3 9 Walking Club 9 Nutrition Consults 10 AgeWell \$ 10 Watercolor \$ 11 Nutrition with Carmen: Improving Blood Cholesterol 1 Book Club (Virtual)	4 9 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time
7 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 11 Think Positive 1 Better Balance \$ 2 Arthritis Exercise \$	8 9 Walking Club 10 AgeWell \$ 11 Knitting Club 11 Upcycled Crafting 1 Fitness Consults \$ 1 Bridge Club 1 Chess Club	9 9 Walking Club 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$	10 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 11 Thursday Tech Time	11 9 Walking Club 10 Yoga \$ 1 Strength Training \$ 2 Game Time
14 9 Walking Club 9:30 Korean Calligraphy \$ 10 Yoga Love for All 10:30 Asian Brush \$ 11 Think Positive 1 Better Balance \$ 2 Arthritis Exercise \$	15 9 Walking Club 11 Knitting Club 11 Chocolate Tasting 1 Bridge Club 1 Chess Club	16 9 Walking Club 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 11 Scams of the Heart 1 Better Balance \$ 2 Arthritis Exercise \$	17 9 Walking Club 10 Watercolor \$ 11 Thursday Tech Time 1 Movie: Selma	18 9 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time
21 Center Closed 	22 9 Walking Club 10 AgeWell \$ 11 Knitting Club 1 Bridge Club 1 Chess Club	23 9 Walking Club 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$	24 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 11 Thursday Tech Time 2 Black History Presentation: Rosa Parks	25 9 Walking Club 10 Yoga \$ 1 Strength Training \$ 2 Game Time
28 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 11 Think Positive 1 Better Balance \$ 2 Arthritis Exercise \$ 3 Swag Swap				

ONGOING PROGRAMS

Please reserve your spot for all programs with a front desk staff person.
Thank you!

Think Positive Group

Monday, 11am-12pm,

This Seniors Together program invites you to engage in discussion and activities designed to help encourage positive thinking and create joy. For more information or to register call 410-313-5192. Free.

Bridge Club

Tuesday, 1-4pm

Enjoy casual drop-in bridge. Have fun, exercise your brain and socialize with fellow bridge players. Some bridge playing experience is required. Free.

Knitting Club

Tuesday, 11am-12pm

Enjoy the company of fellow knitters as you knit, crochet, or work on needlework projects. The group participates in several charitable knitting projects as well. Free.



Chess Club

Tuesday, 1-2:30pm

Say "yes" to chess and spend some time with fellow chess players. We are pleased to offer this new opportunity at Elkridge. Chess is a great way to play, socialize, and exercise your brain!



Legal Aid

First Wednesday, 10am-4pm

Maryland Legal Aid provides free basic legal direction to our 50+ members. Service covers: family law, public benefits, consumer law, housing issues, and elder law. Free.

Maryland Access Point in Person (MAP)

2nd, 3rd, 4th & last Wednesday, 10am-4pm

Don't know where to turn for resources in Howard County? Our MAP professionals are here to listen and provide information for your real life questions. Free.

Wii Bowling

Wednesdays, 10-11am

Drop in for an hour of engaging virtual bowling! Enjoy team or individual play! This is a super fun and easy way to move a little and socialize a lot! The smiles are guaranteed, the strikes are up to you! Free.

Book Club

Thursday, February 3, 1-2pm (Virtual)

Time to cozy up with a good book! Enjoy great conversation and connection with fellow book lovers. Join our discussions and share your perspective and ideas on selected books. On February 3, we will discuss ***The Four Winds*** by Kristin Hannah. This is an American epic set in the Great Depression. With a nod to the Irish, on March 3, we will discuss ***The Pull of the Stars*** by Emma Donoghue. Free

Thursday Tech Time

**Second, Third & Fourth Thursday
11am-12pm**

Puzzled about new technology? Want to learn more about your smart phone, tablet or laptop? Register for a free 20 minute session with a volunteer. Bring your device. Registration required. Free.

Bingo

First & Third Friday, 11am-12:30pm

Enjoy bingo and play for simple prizes and fun with all your Center friends. Free.

Game Time

Friday 2-4pm

Find some Friday fun playing board games and cards in the lounge. Free.

EVENTS CLASSES AND PROGRAMS



For just \$75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: ElkrIDGE, Ellicott City and Bain 50+ Centers, as well as in the Glenwood, N. Laurel, and Roger Carter Community Centers. Those needing a brush-up on how to use the exercise equipment can view a video at: <https://www.youtube.com/watch?v=8KyvEPCNJZ8> If you need an update on the status of your Go50+ membership or would like additional information, call the Center at 410-313-5192.

**The Fitness Equipment Room is open
Monday - Friday 8:30am-4pm.**

**Fitness Equipment Orientation
Monday 3:15-4pm**

Learn how to safely use the cardio and strength equipment with guidance from a fitness professional. Register at the front desk for an overview of the fitness equipment room. Free.

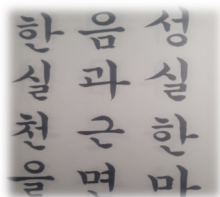
**Please reserve your spot for all
programs with a front desk staff person.
Thank you!**

**Korean Calligraphy
Monday, 9:30-10:30am
1/3-3/14**

**\$76 for 9 classes
A05525.600**

No class 2/21

Korean calligraphy, also known as Seoye, is the Korean tradition of beautiful artistic writing. Learn about how to create beauty with language. Taught by, Chung Sook Kang. Supply list at the front desk.



**Asian Brush Art
Monday, 10:30am-12pm
1/3-3/14**

**\$95 for 9 classes
A05524.600**

No class 2/21

Create a beautiful piece of art, using special brushes and techniques. Learn this fantastic art form! Taught by, Chung Sook Kang.



**Nutrition Education with Carmen: The Top
Foods to Improve Your Blood Cholesterol
February 3
11am-12pm**

Join us for our heart health month focus on improving your blood cholesterol. Your diet can play an important role in lowering cholesterol. Join registered dietitian, Carmen Roberts, for a discussion on how you can improve your cholesterol levels naturally through food. Free

**Upcycled Crafting with Nakear
Tuesday, February 8
11am-12pm**

Get crafty with Nakear in a way that combines a recycled can and winter berries and turns into a beautiful winter-themed centerpiece! All supplies are provided, just bring your smile. Free.

**Yoga Love for All
Monday, February 14
10-11am**

Join yoga teacher, Liz Schulman, for yoga poses, breathing practices and meditation centered on the heart. Let's open our hearts to the new year. All are welcome to practice via mat or chair. Bring your own mat. Sign up at the front desk. Free.

EVENTS CLASSES AND PROGRAMS

Chocolate!

Tuesday, February 15

11am-12pm

All about chocolate including the Yum! Join Jeannie for some sweet talk, fun facts, and a delicious tasting of different types of chocolate. Please reserve your spot with the front desk. Free.

Police Talk with Officer Bill Kreitzer

Scams of the Heart

Wednesday, February 16

11am-12pm

Join Officer Bill Kreitzer for an update and a Q&A session. This month Officer Kreitzer discusses scams that are designed to pull at your heart strings. Free.

Movie Time

Thursday, February 17

Selma

1-3pm

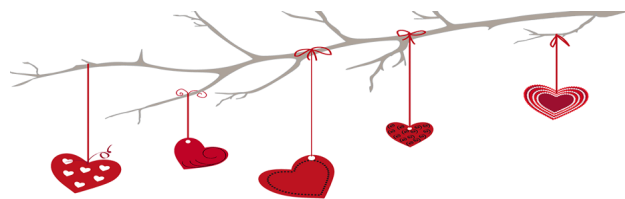
This historical drama is based on the 1965 voting rights marches from Selma to Montgomery, which were organized by civil rights movement leader James Bevel and led by civil rights activists Martin Luther King Jr., Hosea Williams, and John Lewis. Free.

Swag Swap

Monday, February 28

3-4pm

Tis the season for cleaning out your closet. Bring five of your gently loved swag items (scarves, purses, jewelry) and swap them for five "new" pieces. See the front desk for information on registration and guidelines to participate. Free.



Always Available

Fitness Counseling

Second Tuesday 1-4pm

\$15 per 30-minute session

Get support and guidance from Malarie Burgess, Exercise Specialist, to establish a personalized fitness program that considers the recommendation of a health care provider, participant goals, and fitness assessment results. These counseling sessions are ideal if: you never exercised, been told by a provider to become more active, or for those returning to activity after being discharged from therapy. Register at the front desk or use the ActiveNet link:

https://anc.apm.activecommunities.com/howardcounty/daycare/program/605?onlineSiteId=0&from_original_cui=true&online=true&locale=en-US

Nutrition Consultations

First Thursday, 9-11am

Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health. Register at the front desk or use the ActiveNet link

https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20nutrition&viewMode=list

Disclaimer:

"Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors."

EXERCISE AND FITNESS

Arthritis Exercise Class

A05404.600

Monday & Wednesday, 2-3pm

\$70 for 22 classes, 1/3-3/23

No class 2/21

Improve strength, flexibility and balance with this exercise program that is easy on the joints. Help manage discomfort with gentle range-of-motion movements. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

AgeWell

A05201.600

Tuesday & Thursday, 10-11am

\$64 for 20 classes, 1/4-3/17

No class 2/15, 2/17

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to feel your best. Classes are conducted in the ElkrIDGE 50+ Center and are co-sponsored by the Howard County General Hospital.

Better Balance

A05205.600

Monday & Wednesday, 1-2pm

\$70 for 22 classes, 1/3-3/23

No class 2/21

This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required prior to enrolling. Please contact Malarie Burgess at 410-313-6073 to schedule an evaluation or to learn more. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

Strength and Tone

A05408.600

Monday, 11am-12pm

\$43 for 9 classes, 1/3-3/14

No class 2/14, 2/21

Enhance full body strength and tone in this class using weights, bands, balls, and body weight exercises.

Yoga: Advanced Beginner

A05453.600

Wednesday, 10-11am

\$70 for 11 classes, 1/5-3/16

Work on strength and stamina by holding poses for longer periods. This class also has some flow and breath work elements. Bring your own mat.

Yoga: Gentle

A05452.600

Fridays, 10-11am

\$70 for 11 classes, 1/7-3/18

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentration, clarity and overall health. Bring your own mat.

Strength Training

A05403.600

Friday, 1-2pm

\$59 for 11 classes, 1/7-3/18

Strength training helps increase muscle mass, metabolism, and strengthens bones. Build the strength you need to live an active healthy life!



Walking Club

Monday- Friday

9-10am, Meet Outside

Weather permitting, join fellow members for a daily 1-2 mile neighborhood walk. Socialize in the lounge after the walk. Free. Meet at the center. Friday, members may meet at the Patapsco Avalon entrance.